

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Salad Bar Offered Daily to Kg – 8th grades	Cereal, fruit Baked Mac & Cheese (meat/shredded mozzarella option) salad, fruit	Whole wheat bread cream cheese, fruit Chicken Kebob, pilaf, salad, fruit Individual Picture Day Kg-8th grades	Rice pudding "Gotnabour", fruit Boreg, fattoush, humus, steamed vegetables, fruit	Cereal, fruit Turkey/beef meatballs, pilaf roasted vegetables, fruit	Whole wheat bread cream cheese, fruit Green beans in tomato sauce, pilaf, fruit	
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
	Pupil Free Day Faculty Development	Cereal, fruit Baked Mac & Cheese (meat/shredded mozzarella option) salad, fruit	"Mamounieh", fruit Teriyaki chicken, rice, steamed vegetables, fruit K-8 grades "Parent & Me" program starts	Cereal, fruit Preschool: Garmir pilaf, jajekh, fruit K-8th: Falafel w/sesame sauce, veggies	Whole wheat bread cream cheese, fruit Green beans in tomato sauce, pilaf fruit	
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Armenian Book Fair in School Oct.15 - Oct 19	Cereal, fruit Baked Mac & Cheese (meat/shredded mozzarella option) salad, fruit	Whole wheat bread cream cheese Veggie Lavash Roll Quinoa bowl w/roasted veggies, fruit	Rice pudding "Gotnabour", fruit Boreg, fattoush, humus, steamed vegetables, fruit	Cereal, fruit Preschool: Garmir pilaf, yogurt jajekh, fruit K-8th: Falafel w/sesame sauce, veggies	Cereal, fruit Teriyaki chicken, rice, steamed vegetables, fruit Armenian Cultural Program K-8th @ 6 pm in Geragos Hall	
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
	Cereal, fruit Spagetti (meat/shredded mozzarella option) salad, fruit	"Mamounieh", fruit Green beans in tomato sauce, pilaf fruit	Meneish, fruit Garmir pilaf, jajekh, fruit	Cereal, fruit Chicken Kebob, pilaf, salad, fruit	Whole wheat bread cream cheese, fruit Quesadilla, Mex. Rice, blk beans, sour cream, fruit	
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	
	Cereal, fruit Baked Mac & Cheese (meat/shredded mozzarella option) salad, fruit	Whole wheat bread cream cheese, fruit Garmir Pilaf, jajekh, fruit	Meneish, fruit, crackers Boreg, fattoush, humus, steamed vegetables, fruit	Cereal, fruit Chicken Kebob, pilaf, salad, fruit	Whole wheat bread cream cheese, fruit Quesadilla, Mex. Rice, blk beans, sour cream, fruit	

